

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 69 years in the making.



October 31st 2024

Queensland Athletics All Schools

Incorporating the Selection Trials for the Australian All Schools

All the best to our race walkers taking part in the Queensland Athletics All Schools championships this weekend. Athletes will be looking to qualify for the Australian All Schools Championships in Brisbane in December.

QSAC Main Stadium.

Sunday November 3rd

- 9:15 AM Girls 3000 Metre Race Walk Under 14
- 9:15 AM Girls 3000 Metre Race Walk Under 15
- 9:15 AM Girls 3000 Metre Race Walk Under 16
- 9:40 AM Boys 3000 Metre Race Walk Under 14
- 9:40 AM Boys 3000 Metre Race Walk Under 15
- 10:05 AM Women 5000 Metre Race Walk Under 17
- 10:05 AM Women 5000 Metre Race Walk Under 18
- 10:05 AM Men 5000 Metre Race Walk Under 17
- 10:05 AM Men 5000 Metre Race Walk Under 18

Entrants

Girls 3000m RW Under 14

- 1 Mackenzie Bandidt St Peter's Lutheran Age: 13
- 2 Savannah Dunleavy Jimbara SS Age: 12
- 3 Elspeth Hooper All Saints Anglican School Age: 12
- 4 Zoe Renton St Peter's Lutheran Age: 13
- 5 Kiara Waterman Northpine CC Age: 13
- 6 Isabella Welch John Paul College Age: 12
- 7 Mackenzie Wormald Kings Chrisitan College Age: 12

Girls 3000m RW Under 15

- 1 Ella Cosgrave Trinity Lutheran Age: 14
- 2 Eliza Kelly Burpengary SSC Age: 14
- 3 Bethany Moore-Kirkland Scot's PGC Age: 14

Girls 3000m RW Under 16

- 1 Olivia Boulton Marymount College Age: 15

Boys 3000m RW Under 14

- 1 Cory Lockwood Marymount College Age: 13
- 2 Lachlan Moore Ormiston College Age: 13
- 3 Leo Ramsay St Mary MacKillop Age: 12

Boys 3000m RW Under 15

- 1 Noah Cooke Northside CC Age: 14
- 2 Koby Irvine Shalom College Age: 14
- 3 Eli Melinz Peregian Beach College Age: 14

Women 5000m RW Under 17

- 1 Katie Bray QACI Age: 16
- 2 Milly Sharpe Toolooa SHS Age: 16

Women 5000m RW Under 18

- 1 Taylah Morris QAHS Age: 17
- 2 Brooke Newberry St Ursula's College Age: 17
- 3 Lyla Williams NSW - Lindisfarne AG Age: 17

Men 5000m RW Under 17

- 1 Kai Dale Pimpama SHS Age: 16

Men 5000m RW Under 18

- 1 Bailey Housden Mt Maria College Age: 17
- 2 Roel Wheeley Faith Redlands Age: 17

All competitors please take note

A timely reminder from the judges to all race walk competitors that TR 54.4.1 will be in force at these championships. This rule states in part: "the Chief Judge has the power to disqualify an athlete in the last 100m, when their mode of progression obviously fails to comply with Rule 54.2 of the Technical Rules *regardless of the number of previous Red Cards the Chief Judge has received on that athlete.*"

Please ensure everyone complies with the two rules of race walking in their entirety to avoid this issue.

Another very important consideration is for athlete to ensure that they correctly walk across the finish line, don't pull up before the finish. Try to finish at least 2-3 metres past the finish line otherwise you could attract a red card which might be the difference between getting through or not.



Track Walk Programme

Friday 8 November, 2024 State Athletics Facility Nathan, Brisbane

3.50pm M30+ 5000m Race Walk

4.25pm W30+ 5000m Race Walk

Saturday 9 November, 2024 State Athletics Facility Nathan, Brisbane

4.00pm M30+ 3000 Metre Race Walk

4.30pm W30+ 3000 Metre Race Walk

Entrants

W30+ 3000 Metre Race Walk

W40 1 Hanson, Melissa W42 AUS

2 Newington, Dash W40 AUS

3 Prasad, Sunita W40 IND

4 Rani, Soma W44 IND

W45 1 Kaur, Kulwinder W47 IND

2 Kaur, Rajwinder W48 IND

3 Pannach, Wendy W45 AUS

W50 1 Dale, Joy W53 AUS

2 Fernando, Niroshani W53 SRI

W55 1 Adams, Diana W56 AUS

W60 1 Nilsson, Lynda W62 AUS
 2 Weekes, Anne W62 AUS
 W75 1 Yuen, Swee W76 AUS
 W80 1 McKinven, Noela W82 AUS
 M30+ 3000 Metre Race Walk
 M35 1 Shaikh, Ibrahim Ali M38 IND
 M40 1 Ramu, Sivagurunathan M43 IND
 2 Veetapan, Raman M43 IND
 M50 1 Prasad, Pramesh M50 AUS
 M55 1 Rastogi, Kuldeep Kumar M58 IND
 2 Starr, Peter M59 AUS
 M60 1 Baker, Peter M60 AUS
 2 Rowe, Gregory M63 AUS
 M65 1 Bennett, Peter M68 AUS
 2 Morton, Ian M68 NZL
 3 Virk, Mohinder Singh M66 IND
 M75 1 Yuen, Tuck M76 AUS
 W30+ 5000 Metre Race Walk
 W40 1 Hanson, Melissa W42 AUS
 2 Newington, Dash W40 AUS
 3 Prasad, Sunita W40 IND
 4 Rani, Soma W44 IND
 W45 1 Pannach, Wendy W45 AUS
 W50 1 Dale, Joy W53 AUS
 2 Gannon, Brenda W50 AUS
 W55 1 Adams, Diana W56 AUS
 W60 1 Weekes, Anne W62 AUS
 W75 1 Yuen, Swee W76 AUS
 W80 1 Laming, Estelle W83 AUS
 2 McKinven, Noela W82 AUS
 M30+ 5000 Metre Race Walk
 M40 1 Hyland, Scott M44 AUS
 2 Thirupathi, Kasinathan M43 IND
 3 Veetapan, Raman M43 IND
 M50 1 Prasad, Pramesh M50 AUS
 M55 1 Rastogi, Kuldeep Kumar M58 IND
 M60 1 Rowe, Gregory M63 AUS
 M65 1 Bennett, Peter M68 AUS
 2 Morton, Ian M68 NZL
 3 Virk, Mohinder Singh M66 IND
 M75 1 Yuen, Tuck M76 AU



**Athletics -
Road Race Walk**

**Sunday 10 November 7:00am start
Luke Harrop Cycle Circuit Runaway Bay**

Entries Close Wednesday 6 November 2024 (11:59pm AEST)

- The competition circuit will be a 1km loop.
- All participants will start together.
- A First Aid officer will be present. There will be a water station on the circuit.
- Uniforms are not compulsory.

- Age category placegetter medals will be presented at the venue at the conclusion of the competition.
- Parking and toilet facilities are located adjacent to the competition circuit
- Age is determined as at race day / Minimum age for competition is 30 years
- Uniforms are not compulsory

Games Check in Centre

Location: [Gold Coast Convention & Exhibition Centre, 2484-2690 Gold Coast Highway, Broadbeach 4218](#)

Opening hours:

Thursday 31 October: 12:00pm – 7:00pm

Friday 1 November: 8:00am – 7:00pm

Saturday 2 November: 8:00am – 7:00pm

Sunday 3 November: 8:00am – 5:00pm

Monday 4 November: 10:00am – 4:00pm

Tuesday 5 November: 10:00am – 4:00pm

Wednesday 6 November: 10:00am – 4:00pm

Thursday 7 November: 10:00am – 4:00pm

Friday 8 November: 10:00am – 4:00pm

Please note: if you are unable to collect your accreditation as directed above, your accreditation will be available at the Athletics Track and Field venue from Friday 8 November.

RESULTS RESULTS RESULTS

2024 QLA Summer Carnival October 26th

Girls 1500m RW 13&U

1 Kiara Waterman Deception Bay LAC 8:17.59

2 Zara Raudino Mt Gravatt LAC 8:27.96

3 Abigail Rogers Deception Bay LAC 9:28.97

4 Grace Yates Mt Gravatt LAC 10:34.00

5 Katelyn Trent Deception Bay LAC 10:56.46

Boys 1500m RW 13&U

1 Lachlan Moore Springwood LAC 7:02.15

Girls 1500m RW 14&U

1 Eliza Kelly Deception Bay LAC 8:11.19

2 Makayla McDonald Ormeau LAC 10:21.06

Boys 1500m RW 14&U

1 Eli Melinz Noosa LAC 8:35.31

- Noah Cooke Arana LAC DNS

Girls 1500m RW 15&U

1 Jenny Hamilton Springwood LAC 10:16.96

Boys 1500m RW 16&U

1 Kai Dale Ormeau LAC 7:07.62

Girls 700m RW 8&U

1 Harriet Sanday Ipswich LAC 5:58.49

2 Annabelle Lee Wynnum Manly LAC 5:59.17

- Indi Brady Ashmore LAC DQ

- Isla Howarth Centenary LAC DNS

Boys 700m RW 8&U

1 Yoshua Lee Sunnybank LAC 4:53.43

2 Leo Mills Mt Gravatt LAC 5:37.96

3 Cooper Vayro Ipswich LAC 6:44.63

- Kian Roche Ipswich LAC DQ

- Grayson Pearsall Ipswich LAC DQ

Girls 1100m RW 9&U

- 1 Bella Sansom Deception Bay LAC 6:16.37
- 2 Clara Hermus Noosa LAC 6:26.06
- 3 Georgia Robson Mt Gravatt LAC 7:17.84
- 4 Rhylee Chapman Caloundra LAC 7:22.26
- 5 Jade Hill Deception Bay LAC 7:26.85
- 6 Luna Boyd Gold Coast LAC 7:35.94
- 7 Stephanie Rankin Laidley LAC 7:42.25
- 8 Chloe Nines Ipswich LAC 7:56.80
- 9 Elizabeth Halliday Wynnum Manly LAC 8:03.57
 - Paige Meadows Balmoral LAC DNF
 - Halle Simpson Toowong Harriers LAC DNS

Boys 1100m RW 9&U

- 1 Grayson Leggat Algester LAC 6:28.43
- 2 Conor Geagea Toowong Harriers LAC 6:45.06
- 3 Leo Georgiou Algester LAC 7:22.88
- 4 Jacob Duncan Deception Bay LAC 7:43.67
- 5 Benjamin Trent Deception Bay LAC 8:03.67
- 6 Connor Robertson Algester LAC 8:05.17

Girls 1100m RW 10&U

- 1 Freya Williams Tweed LAC 6:08.30
- 2 Jessica Gorham Ipswich LAC 6:56.31
- 3 Sahara Wright Mt Gravatt LAC 7:52.77
- 4 Chernaya Plummer Caloundra LAC 8:25.47
- 5 Sienna Hunter Ipswich LAC 8:25.51
- 6 Scarlett Rose Deception Bay LAC 8:41.49
- 7 Aaleeah Kleidon Centenary LAC 9:13.32
- -Emeline Howarth Centenary LAC DNS
- Saoirse Nelis Redlands LAC DNS

Boys 1100m RW 10&U

- 1 Hayden Robertson Algester LAC 5:48.67
- 2 Brayden Potts Gold Coast LAC 7:37.36
- 3 Ewan Fairfull-Smith Mt Gravatt LAC 9:09.61
- Jake Dunleavy Deception Bay LAC DNS
- Nate Eaton Toowoomba LAC DNS

COMING UP

UQ ATHLETICS CLUB 1500M CLASSIC CELEBRATION MILE

Wednesday 13 November 2024

UQ Athletics Club 1500M Classic - Celebration Mile (incorporating the Open Queensland Athletics Mile Championships)

The UQ Athletics Club is pleased to announce that it is hosting the annual UQ Athletics Club 1500m Classic – Celebration Mile on **Wednesday 13 November 2024**.

All races on the program (race walking, school aged, masters and open) will be one mile (1609 m) in distance, in place of the usual 1500m, to celebrate the 70th anniversary of the running of the first sub 4 minute mile by Roger Bannister in 1954.

6:00 PM Girls One Mile Walk
6:00 PM Boys One Mile Walk

2024 Australian All Schools Athletics Championships Brisbane December 6-8th

All Schools Dates: Friday 6th - Sunday 8th December 2024

National Schools Challenge Date: Monday 9th December 2024

Venue: QSAC - Queensland Sport and Athletics Centre

Draft Walk Programme

Friday 6 December

4.45pm 5000m Race Walk Under 17 Girls

4.45pm 5000m Race Walk Under 18 Girls

5.35pm 5000m Race Walk Under 17 Boys

5.35pm 5000m Race Walk Under 18 Boys

Saturday 7 December

5.10pm 3000m Race Walk Under 15 Girls

5.10pm 3000m Race Walk Under 16 Girls

6.10pm 3000m Race Walk Under 15 Boys

6.10pm 3000m Race Walk Under 16 Boys

Sunday, 8 December

9.00am 3000m Race Walk Under 14 Girls

9.30am 3000m Race Walk Under 14 Boys

National Walk Competitions

2024 Australian 35km Race Walking Championships

Sunday 15 December 2024 Albert Park, Melbourne

7:00 am 20km Race Walk Men Senior

7:00 am 20km Race Walk Women Senior

7:00 am Australian Championship 35km Race Walk Men Senior

7:00 am Australian Championship 35km Race Walk Women Senior

Supernova Track 10km Walks

AIS Track Canberra January 25-26th

2025 Australian and Oceania 20km Race Walking Championships

February 16th War Memorial Drive, between Froome and Bunday's Roads, Adelaide

2025 Australian Athletics Championships

WA Athletics Stadium, Perth

U13 - U18 Championships: 4-8 April 2025

Open & U20 Championships: 10-13 April 2025

Qld Track Season 2024/25

Queensland Athletics

Oct 31st – Nov 3rd QA All Schools QSAC

November 13th Wednesday UQ Classic 1,500 metres

November 23rd QA Shield QSAC 3,000/5,000 metres

January 18th QA Shield QSAC 3,000/5,000 metres

February 1st QA Shield QSAC 3,000/5,000 metres

February 22nd QA Shield QSAC 3,000

QA 10,000 metres Championships

March 13-16th QA Championships QSAC

Queensland Masters Athletics 2024

8th -10th November 2024 SAF

PanPac Masters Athletics

14th/15th December 2024, Venue SAF

QMA Decathlon/Heptathlon Championships & other events

14th December 2024 Saturday

9.00 1500m Walk

15th December 2024 Sunday, SAF

8.15 3000m Walk

9.30 800m Walk

21st December 2024 Saturday SAF

8.00 3000m Race Walk

10.00 1 Mile Race Walk

10.50 End of Year Social Morning Tea

Draft QMA dates for 2025

January

11th Saturday morning QSAC Main Track

18th Saturday morning SAF QMA Women's Throws Pentathlon

25th Saturday morning SAF QMA Men's Throws Pentathlon

February

1st – Saturday morning SAF QMA Pentathlon and 3000m run/walk

15th Saturday morning SAF Memorial Day Events

22nd Saturday morning SAF AMA Decathlon and Heptathlon Day 1

23rd Sunday morning QSAC main track AMA Decathlon and Heptathlon Day 2

March

1st – Saturday morning QSAC Main Track

8th – Saturday morning SAF

19th - Wednesday night SAF

23rd to 30th WMA Indoors Championships

29th – Saturday morning SAF

April

5th Saturday SAF QMA State Championships Day 1

6th Sunday SAF QMA State Championships Day 2

12th Saturday morning SAF

AMA Championships in Adelaide 18th to 21st April

Level 3 Race Walking-specific accreditation course

The QRWC is in discussions with AA about the possibility of the club hosting a Level 3 Race Walking-specific accreditation course this year.

UPDATE: We are now looking at Saturday, February 1 2025 to present this course in Brisbane.

Not only will this initiative upskill the next generation of race walking coaches it will also be an opportunity for current coaches to advance their qualifications and skills.

QRWC Uniforms

Wearing a club uniform at our club meets is desirable but not compulsory. All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification. This applies to the 2nd RWA Federation Carnival in Melbourne on August 25th.

[Shop - Qld Race Walking Club - revolutioniseSPORT](#)

Racewalking Queensland Management Committee 2024/25

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer N McKinven

Committee: Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn, Ignacio Jimenez, Simon Dunleavy

Patrons: Patrick & Maxine Sela
Registrar: S Dale
Handicapper A Guevara / N McKinven
Uniforms: S Dale
Publicity / Media Jasmine Blackburn
Results R Wales / N McKinven
Newsletter Editor: P. Bennett
Equipment Officer. Ignacio Jimenez & Noela McKinven
Canteen Convenor. Vacant, but to be by roster.
Club Captains: Bailey Housden, Phoebe Chadwick

QRWC MEMBERSHIP 2024/25

NOTE: The Committee has set the QRWC annual membership fee for 2024/25 from October 1st to \$ 25 for all athletes. There will no longer be separate rates for students and non-students.

NON-COMPETING MEMBERS

VOLUNTEER	COMMITTEE MEMBER	OFFICIAL	COACH
Club volunteers are always welcome to assist with club operations and competition days	Club committee members are required to be registered members of their club	Officials accredited with Athletics Australia	Coaches may join an athletics club if they are accredited and currently registered with Athletics Australia

Working with Children Check – Blue Card

Volunteers, committee members, technical officials and coaches are required to have a Blue Card as deemed necessary by their club in accordance with the Queensland Blue Card system. Please refer to your club or www.bluecard.qld.gov.au for more information.

\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE
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NOTE – Additional club membership fees may apply, which varies for each club.

**Queensland Athletics Memberships Fees 2024/25
commencing October 1st**

MEMBERSHIP OPTIONS 2024-2025

Season Period: 01 OCTOBER 2024 – 30 SEPTEMBER 2025



	Platinum \$250.00 + club fee [^]	Gold \$150.00 + club fee [^]	Base & Qrun \$12.00 + club fee [^]	School Student \$0 <small>(only valid for QA All Schools pre meet & QA All Schools Champs)</small>
Entry into all QA Shield Meets	FREE	\$18	\$32	N/A
Entry into all QA Championships*	\$10 per individual event	\$22 per individual event	\$32 per individual event	N/A
Entry into QA All Schools Champs	\$10 per individual event	\$22 per individual event	\$32 per individual event	\$32 per individual event
Eligible to represent Qld at 2025 Athletics Australia Championships	YES	YES	NO	NO

Racewalking Queensland Management Committee 2024/25

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer N McKinven

Committee: Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn, Ignacio Jimenez, Simon Dunleavy

Patrons: Patrick & Maxine Sela

Registrar: S Dale

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media Jasmine Blackburn

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Bailey Housden, Phoebe Chadwick

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers; • Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics • Referees, judges and other officials.
- Members, including life members.
- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 3 Performance coach

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

Katya Martin Level 1

Contact emails:

qrwc1@optusnet.com.au Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

About us

Racewalking Queensland conducts its own winter road walk programme from April until September. Thank you to all our contributors of results & reports to this newsletter. We value your input.



Department of
Tourism and Sport

The Queensland Government provided \$2,500 to the Queensland Race Walking Club to assist training and education volunteers to enable Queenslanders to participate in sport and recreation activities.'